

24th September 2022

Young American Nora, age 23, is the daughter of strict Eastern European immigrant parents. They clamped down on their teenage daughter consuming alcohol. When she started college Nora realized that her new circle of friends weren't that confident with the social pressure. They had a habit of making up for it by drinking alcohol. After a series of nervous attacks Nora gave up on alcohol.

This left her unable to fit in socially, so she shied away from her circle. Nora got into yoga and now doesn't feel like she is missing out on anything. This generation of graduates like Nora, born between 1997 and 2012, have found plenty of reasons to turn away from alcohol. Therefore drinking is dropping out of fashion. Research in 2018 shows that today's generation consumes 20% less alcohol than the previous one. Around 50% don't feel up to going to a bar or pub and would rather go to the gym. They even owned up to admitting that heavy drinking culture was **boring**. These trends are influenced by the rise of social media. The negative consequences of posting drunken behaviour to a public profile can catch up to someone later. It can affect someone's future employment opportunities. Other reasons for cutting out alcohol are because the younger generation have had to face up to the modern living problems of the last decade. Plus they have had to mentally focus on performing better educationally. Also they are saving money to afford a modern lifestyle.

Q1. _____

What are some positive things about the following – *trying something new, not drinking alcohol, and being a student*.

Q2. _____

Which bolded words in the text mean: *not interesting - chances - a bad feeling - results - eating or drinking*

Q3. _____

"weren't that confident with the social pressure"

What does the italicised word above mean: *stress - challenge - situation?*

Q4. _____

Comprehension questions:

1. What did Nora's parents stop her from doing?
2. Why weren't Nora's new friends very confident?
3. How much less alcohol does this generation drink?
4. What would young people rather do than go drinking?
5. What do Nora's generation have to do to prepare for their future?

Q5. _____

Link the five synonym pairs:

- | | |
|----------------|---------------|
| 1. realize | A. chance |
| 2. influence | B. impossible |
| 3. unable | C. affect |
| 4. habit | D. pattern |
| 5. opportunity | E. understand |

Q6. _____

Spell the words correctly:

Eastern European **m i r g m t i a n** parents

n o c n u m s i g alcohol

after a series of nervous **t k a t c a s**

this generation of **t u a d s g r a e** like Nora

c n u l e f i n d e by the rise of social media

Q7. _____

Discussion questions / Writing practice:

In what ways can social media apply social pressure in someone's life?

What are the easiest things to give up and the hardest things to give up?

What sports, exercises, or activities are best at beating boredom?

Q8. _____

10 B1 revision keywords: underlined in text.